

***TOWN OF FOUNTAIN HILLS
PARKS AND RECREATION DEPARTMENT***



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2006 YOUTH BASKETBALL LEAGUE

RULES AND REGULATIONS

RULE MODIFICATIONS

FOUNTAIN HILLS PARKS AND RECREATION

Youth Sports Philosophy

Know your motives for coaching. Think about what you expect to gain from your coaching experience. Make sure your principles of coaching are compatible with the philosophy of the total program.

Make your own education a priority. Take advantage of every opportunity available to learn more about coaching techniques, teaching skills, and helping players set personal goals and reach for them.

Work with every player on your team. The most highly skilled and least skilled members of your team should be given equal attention. It is more important that all athletes participate and have fun than that a few good athletes dominate the action. (Note: The rules in this manual promote this approach.)

Work on basic skills and teach good physical fitness habits. Teach skills and concentrate on the basics. Help athletes become conscious of the importance of proper execution without interfering excessively.

Demonstrate the importance of fitness habits such as warm-up and conditioning exercises. Talk to your players about diet, rest, and involvement in other sports and activities.

Use positive reinforcement as often as possible. Early successes are essential for developing self-confidence. Peer recognition and acceptance are very important.

Teach fair play. Competing fairly is an essential part of competitive sports. It is a set of attitudes which include:

- Respect for oneself; taking responsibility for one's own behavior and learning.
- Respect for one's teammates; working to become a team member who unselfishly contributes to the good of the whole team.

- Respect for the other team; considering the other team as an essential partner in competition.
- Respect for the rules and the officials who uphold them.

Emphasize both learning skills and sportsmanship, accepting both winning and losing, respecting the officials, cooperating, always giving your best effort, and having fun.

Keep winning in perspective. Winning games are one of the many important goals in sports. Help competitor (and parents) become aware of other important goals; learning skills; becoming more fit; being a good leader sometimes, a good follower other times; dealing with the motions of sports; and having fun.

Make sure that equipment and facilities meet safety standard and are appropriate to the age of players. Emphasis should be given to safety in teaching techniques and elements of play.

Involve the whole family. Parents should be viewed as participants rather than spectators. They should be included as coaches and officials, in special activities, and encourage them to get involved in the sport as a family.

Encourage skilled volunteer leadership by all participants. Volunteers are crucial to youth sports programs. Players, parents, and others should be encouraged to share responsibility for sports programs and to get involved in service opportunities on other community programs as well.

FOUNTAIN HILLS PARKS AND RECREATION Basketball Coaches Job Description

General Functions

This position requires knowledge of fundamental skills of basketball and knowledge of the Fountain Hills Parks and Recreation Youth Basketball League philosophy.

Duties

- Attend all coaches meetings.
- Promptly relay all information to players and parents.
- Communicate with the parents as to what you are trying to accomplish this season.

- Plan practices so that the time spent is quality time.
- Stress proper values in all aspects of the game.
- Notify players and parents well in advance of game location and times.
- Responsible for safety and actions of all players.
- After practices and games, never leave a player without a ride. Wait until every player has gone.
- Help players set and evaluate individual and team goals.
- Responsible for game day procedures.
- Keep winning in perspective.
- Make playing basketball a positive experience!

By coaching, I hereby agree to the duties listed, and will apply the fountain hills philosophy along with my own principles of coaching.

RESPONSIBILITIES OF FOUNTAIN HILLS YOUTH LEAGUE COACHES

1. Fountain Hills coaches are responsible for effective practices.
 - a. Coaches are responsible for organizing practices during the season. Scheduled gym time will be given to all approved teams and coaches.
 - b. Coaches will be responsible for players behavior both inside and outside of practice facilities, cooperation will be requested to keep facility clean.
 - c. Practice times will be rigidly controlled, do not go over the time allotment or start late and expect to exceed your scheduled time slot.
2. Stressing values in all aspects of the game.
 - a. The most important thing any coach accomplishes during a season is to help his/her players learn how to keep winning in perspective. It is not fair that many youth sports programs put children in a position where they can feel like losers. Our philosophy is that everybody on both sides in a game can be winners, if they concentrate on learning and enjoying instead of winning.
 - b. Another value that coaches stress is teamwork. Even Charles Barkley passes the ball. If everybody plays together, everybody improves together. Players play, teams

win.

- c. Sportsmanship should be stressed by all coaches. A coach can choose to stress this internally or externally. Stressing it internally takes the form of stressing a deep appreciation of the actual act of playing. Internal sportsmanship is a natural enjoyment of the sport that leaves no room for bad manners or uncontrolled emotions. Such emotions usually stem from an over-emphasis on winning.

3. Games

- a. Coaches must notify players and parents well in advance of game times. It would also be wise to try to help set up car pooling if the need arises.
- b. Coaches must be responsible for the safety and actions of all players. Injuries are part of sports, but many injuries can be avoided, especially at practice, where players are less organized. During the games coaches must make sure players stay out of unauthorized areas in the game facility. Also, players must be controlled on and off the side of the court during the games.
- c. Coaches must also notify parents, when the season begins, that bad sportsmanship from parents in the stands is not allowed. No referee, player or coach should ever suffer from verbal abuse from a parent during a game situation.

4. Coaching demeanor

- a. Coaches should be positive as much as possible. Personalities are generally not like a magnet; opposites do not attract.
- b. Verbal abuse of players or referees is not necessary for any reason!
- c. Coaches should avoid technical fouls at all costs. Coaches are strong role models and such actions will tell the players that such actions are permitted. If there is a problem with another coach or referee, it can be handled in a controlled manner during a time-out. If the problem can't be handled during the game, contact the League Supervisor before the following week's game and discuss the problem further.

- 5. Above all, the main responsibility of a coach is to provide his/her players with the best possible foundation with which to enjoy a lifetime of activity.

IMPORTANT POINTS CONCERNING BASKETBALL FUNDAMENTALS

1. Ready Position: The ready position is used when throwing, receiving, dribbling, shooting or when play defense.

*Key Points: Knees bent, feet shoulder width apart, weight on the ball of the feet, chin over feet and head up.

2. Proper Holding of Ball: 3 Key points for proper holding

- a. Hold ball in fingers – not palms.
- b. Show how the thumbs keep the ball from slipping from your hands.
- c. Use finger tips when throwing and receiving the ball.

3. Passes: 5 Key steps for proper passing

- a. Chest Pass - 5 key steps for making a chest pass:

1. Be in ready position.
2. Look at the player to whom you are going to pass.
3. Step forward and snap the ball to the other player. Your arms will go straight out in front of you.
4. The ball should be at the level of your teammate's chest.

- b. Bounce Pass - Same as chest pass, except bounce the ball two-thirds of the way from your teammate. Again, the pass should be at the level of your team member's chest.

4. Receiving Passes: 5 Key points for receiving passes:

- a. Get in ready position.
- b. Look at player who is going to pass the ball.
- c. Hold your hands up by your chest like you were holding a ball. Your thumbs will almost touch each other. When you catch passes below your waist, your little fingers are together.
- d. When the pass arrives, let your arms and hands "give" while you cup the ball with your fingertips.
- e. If you try to catch the ball with the palms of your hands instead of your fingers, sometimes the ball squirts right through. Also, come meet the ball; don't wait for it.

5. Dribbling: Five key points for proper dribbling:

- a. Always dribble from the ready position whether you are moving or standing still.

- b. Dribble with your fingertips and wrist, rather than your whole hand and arm.
 - c. Practice dribbling with both hands, so you can dribble on either side.
 - d. Look up and forward when you dribble.
 - e. Remember, passing usually works better than dribbling to move the ball towards the basket.
6. Set Shots
- a. Get in the ready position.
 - b. Keep elbow in, bring the ball near your face.
 - c. One hand is behind the ball, snap the ball with your wrist and fingertips just like you pass.
 - d. Shoulders and feet should the basket.
7. Lay-ups
- a. Stress the proper foot from which to jump off.
 - b. Use the backboard instead of shooting at the basket (explain proper angle.)
 - c. Shoot the ball with your shooting hand like in a set shot.
 - For right-handed lay-ups, player jumps off left foot.
 - For left-handed lay-ups, player jumps off right foot.
8. Proper Defensive Play
- a. Ready position.
 - b. Play defense with your feet.
 - c. When the player you are guarding does not have the ball, make sure you can see the ball and your man at the same time.
 - d. Most of the time, stay between your man and the basket.
 - e. When your man passes the ball, step to the pass.
 - f. Put a hand straight up when opponent shoots.
9. Rebounding (Boxing-out)
- a. Find your man.
 - b. Put feet at a wide base.
 - c. Get opponent on your back.
 - d. Feel where your man is, move with him/her.

***FOUNTAIN HILLS PARKS AND RECREATION
YOUTH BASKETBALL LEAGUE***

RULES AND REGULATIONS

Length of Game

1. **A player must play two full quarters, one of which must be in each half.** There will be no substitutions in the first quarter, except for injury. If a player receives a fifth foul before they have played a full two quarters, a technical foul will result for every foul thereafter except in the Coed 1st & 2nd grade division. **Any overtime periods will be free substitution.**

If a team has 7 or more players at any time during a game, then each player must sit one **full** quarter. A **full** quarter is defined as the **beginning to the end of a quarter**. All players **must** check-in at the scores table at the beginning of **each** quarter. This is to eliminate the over playing of the star players and the lack of playing time by the weaker players.

2. Quarter length:
 - Coed 1st & 2nd grade – **6 minutes**
 - Boys 3rd & 4th grade – **7 minutes**
 - Boys 5th & 6th grade – **8 minutes**
 - Boys 7th, 8th, 9th grade – **8 minutes**
 - Girls 3rd - 5th grade – **7 minutes**
 - Girls 6th - 8th grade – **8 minutes**

There will be a **two minute** overtime for all divisions except coed 1st & 2nd.

3. Games will start at the scheduled time, overtimes permitting. Have team warmed up prior to that time. Game time is forfeit time. The gym supervisor may grant a grace period at their discretion.
4. Teams will get two 30 second time outs per half and one per overtime period.
5. At each half, team will switch baskets.

Scoring

1. Two points are awarded for each basket from the floor.
2. One point is awarded for each free throw.
3. If a court has a three point line, players may attempt three point field goals.

Players and Substitutions

1. A team must initially consist of at least **four** players on the court. Fouling out of the game may reduce numbers not below three or the game will be called.
2. Substitutions can be made between quarters, but they must check in at the scorers table.
3. If a player is not on a team roster, they may not play in any game.

Playing Regulations

1. Jump ball in the center circle will start the game and the ball will be given on alternating possessions for all jump balls and the start of each quarter for the remainder of the game. Overtime will also begin with a jump ball.
2. After each basket, the ball is put into play by the team not scoring, from the out-of-bounds area behind the basket at which the score was made.
3. Teams will alternate possession when two opposing players have possession of the ball at the same time, or if the officials are uncertain as to which side touched the ball last before it went out of bounds.
4. After a successful free throw, the game is started again by the opposing team's putting the ball into play from out of bounds behind the opponent's basket.

Violations

1. When a violation is made, the ball is given to the opponent out-of-bounds.
2. Common violations include:
 - a. Traveling - taking more than one step without passing, shooting or dribbling.
 - b. Kicking the ball.
 - c. Stepping out-of-bounds with the ball.
 - d. Grabbing or hanging on an offensive player.
 - e. Taking more than 10 seconds to cross mid-court or an over and back violation.
 - f. Playing defense before the opponent crosses mid-court. The referee will issue a warning the first time this happens. Each time thereafter, a technical foul will be awarded.
 - g. **No stalling is allowed.**
 - h. Double-dribble.
 - i. **Zone defense is not allowed. The referee will issue a warning the first time this happens. Each time thereafter, a technical foul will be awarded.**
 - j. There will be a three second lane violation for all divisions except coed 1st & 2nd grade. A five second violation will be enforced in the Boys 3rd & 4th and Girls 3rd – 5th grade division.

Fouls

1. Individual fouls include:
 - a. Pushing

- b. Tripping
 - c. Unnecessary roughness
 - d. Holding
 - e. Charging
 - f. Blocking
2. Technical fouls include:
- a. Taking too many time outs
 - b. Coach leaving team bench area
 - c. Delay of game
 - d. Leaving the court
 - e. Arguing with the referee or abusive language
 - f. Foul language/slamming the ball down

NOTE: The officials have absolute authority over the game. Official decisions are final. Any player who argues or uses abusive language toward any opposing player, coach or official will immediately with **NO WARNINGS** be dismissed from the game. Any coach who consistently argues or uses foul language at the officials will be dismissed from the game and can be suspended from the following game at the discretion of the league supervisor. If harassment continues, the game is subject to immediate forfeiture at the discretion of the head referee. Any parent who consistently argues or uses foul language will also be removed from the gym.

Personal Fouls

- 1. The opponents are given the ball out-of-bounds until 7 team fouls per half are accumulated. On the 7th foul, you then shoot one and one. On the 10th team foul, you shoot two free throws.
- 2. If a player is in the act of shooting when he is fouled, two free throws will be awarded.
- 3. If a player is shooting and he makes the basket and the basket is counted, one free throw is awarded.
- 4. A player cannot have over four personal fouls; a fifth foul and the player has fouled out for the remainder of the game. If a player receives a technical foul for unsportsmanlike conduct, it will also count as a personal foul. In this circumstance, it does **NOT** count as a team foul. Also, two technical fouls disqualify a player or coach from the game.
- 5. An offensive foul constitutes a personal foul and a team foul. However, if the offensive foul is a player control foul, the opposing team will not be awarded any free throws, even though they are in the bonus.

Technical Fouls

- 1. The opposing team will be awarded two free throws and possession of the ball. The opposing team chooses one player to shoot the two free throws awarded, while all players of both teams must stand behind the mid-court line. Whether the player makes the basket or

not, his/her team is entitled to possession of the ball at mid-court.

2. Although the technical fouls count as a personal foul, it does not count against the team a team foul.

Uniforms

1. All players must have league issued shirts with number.
2. **All players must have shirts tucked into shorts.**
3. All players must wear non-marking sole gym shoes.
4. No jewelry may be worn during the game.

RULE MODIFICATIONS

1. There will be a running clock. The only exceptions will be for time-outs, fouls and the last two minutes of the half and game.
2. Double-teaming is permitted only in the key for Boys 3rd-4th, Boys 5th-6th, Girls 3rd-4th and Girls 5th-6th. No double-teaming is permitted in the Coed 1st & 2nd grade division. Players may switch the man they are defending. However, once a team gains possession of the defensive rebound the opposing team must get back to half court. In the Boys 7th-9th and Girls 7th-9th grade divisions pressing and double-teaming is allowed as long as it is not zone defense.
3. **In the Coed 1st & 2nd, Boys 3rd & 4th, and Girls 3rd - 5th there will be no full court press, and the opposing team must be allowed to advance the ball across half court.** Full court press is allowed in Boys 5th & 6th only for the last two minutes of each half and the overtime period. Boys 7th-9th and Girls 6th-8th grade divisions can press at anytime, but no zone presses are allowed. **No press will be allowed if a team is up by 10 or more points.**
4. Instead of jump balls, possession will be determined by alternate possession except for the start of the game and overtime.
5. Ball sizes:
 - Coed 1st & 2nd grade division: Junior size basketballs
 - Boys 3rd & 4th grade division: Intermediate size basketballs
 - Boys 5th & 6th grade division: Official size basketballs
 - Boys 7th, 8th & 9th grade division: Official size basketballs
 - Girls 3rd - 5th grade division: Junior size basketball.
 - Girls 6th - 9th grade division: Intermediate size basketball..
6. Each team must provide one volunteer per game for the scorer's table. Home team has the official scorebook.
7. If either team is 20 points or more ahead, the clock will not stop for anything except timeouts. **If a team gets ahead by more than 30 points the scoreboard will be turned off,**

and score will be kept in the book only.

8. Free throws are shot from the 12 foot line for the Coed 1st & 2nd, Boys 3rd & 4th, and Girls 3rd - 5th grade divisions.
9. The Coed 1st & 2nd grade division will shoot at an 8' rim.
10. There will be no key clear-outs. For the first offense, a warning will be issued. A technical foul will result for every offense thereafter.
11. **AIA rules will be adhered to in the Boys 7th, 8th & 9th and Girls 6th, 7th & 8th grade divisions with the exception that zone defense will not be permitted. Zone defense is defined as any player who is guarding an "area" and not a player.**
12. **A player must play two full quarters, one of which must be in each half.** If a player receives a fifth foul before they have played a full two quarters, a technical foul will result for every foul thereafter except in the Coed 1st & 2nd grade division.

**THE LEAGUE SUPERVISOR SHALL HAVE THE AUTHORITY TO INSTITUTE
NEW RULES OR CHANGE OLD RULES TO MAINTAIN A CONTINUITY OF
THE OVERALL YOUTH SPORTS PROGRAM. THE SUPERVISOR'S
INTERPRETATION OF THE RULES SHALL BE FINAL.**